

## Hope for Those Facing Extreme Hardship

One example is the **Parish & Community Services** program, which provides casework services for individuals and families facing poverty and despair. Requests for assistance have increased by more than 60 percent since the crisis began, particularly those related to food, shelter, transportation, energy and other essential needs.

“The past few weeks have shown us that the people who can least afford to lose anything are often the first to lose something,” said Marc Cousineau, director of Parish & Community Services. “We’re seeing those with chronic hardship coming to us broken, desperate and scared of what tomorrow will bring. Thanks to the support of our donors and dedicated staff, we are able to provide more resources and forms of direct assistance to not only address their urgent needs but also help build a path with more stable footing for the days and months ahead.”

Marc expects the demand to continue to grow. “As individuals exhaust their savings and temporary relief around employment, housing and other areas subsides, the direct impact of the crisis will become even more profound for many,” he adds. “We are anticipating a surge well into the summer months, especially among individuals and families who may require longer-term support.”

*“We’re seeing those with chronic hardship ... desperate and scared of what tomorrow will bring.”*



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Reflections  
Summer 2020

CATHOLIC CHARITIES  
NEW HAMPSHIRE  
Powerful Past. Promising Future. **75 YEARS**

## 75 Years, A Crisis Unlike Any Before Finding Unique Ways to Serve Those Facing Extreme Hardship

“While we could not have anticipated where we are today, the past 75 years have taught us that our firm commitment to serving the needy and vulnerable across New Hampshire – even in the most unpredictable times of crisis – is as strong as ever.”

Those words from Tom Blonski, president and CEO of Catholic Charities NH, echo a new meaning for the organization’s 75th anniversary – finding unique ways to serve individuals and families facing increased hardship and uncertainty from the COVID-19 pandemic.

“While our programs may be operating differently, our mission of providing healing, comfort and empowerment for those who need it most remains the same,” adds Tom. “I am proud of how our staff has come together, rising to the challenge in going above and beyond for our clients and adapting in ways like never before.”

**Through the end of May, more than \$309,000 was raised for the CCNH Crisis Fund to provide direct assistance for the state’s most vulnerable populations in times of crisis.**

## A Burgeoning Mental Health Crisis

When it comes to adapting to changing times, look no further than **Mental Health Counseling Services**. At the time of this writing, the program now exclusively operates on a telehealth model, with counselors offering support for existing and new clients through telephone and HIPAA-compatible online video appointments. Services are available to any New Hampshire resident in any town or city. Since late March, requests for services have increased by nearly 40 percent as more individuals navigate job loss, financial pressures, social isolation and increased stress, anxiety and depression over the pandemic.



“This is an unparalleled time in the mental health field,” said Fr. John Mahoney, director of CCHN’s Mental Health Counseling Services. “With any massive disruption or life change, the emotional and psychological burden can become overwhelming in a short period of time. As the crisis draws on, and we encounter continued stress in our daily life, these feelings can become even more intense. We are here to be a trusted resource, with more accessible and flexible support for those struggling with varying challenges.”

## Join Our 75th Anniversary Club!

723 individuals have signed up for our 75th Anniversary Club! For a one-time gift of \$75, you can join them and receive special benefits such as your name on our website and Annual Report, a commemorative bookmark and a chance to win some cool prizes. Best of all: your membership goes directly to support emergency services. Nearly \$64,000 of our \$75,000 goal has been raised to date! For more information, visit [cc-nh.org/75club](http://cc-nh.org/75club).



## A Helping Hand for Seniors

Several of our programs are providing critical support and protection for seniors, a population more susceptible to the virus.

**The CareGivers** continues to serve homebound and disabled seniors across Greater Manchester and Greater Nashua, many of whom were already living in social isolation. The program’s network of volunteers is delivering food to a growing number of clients every other week while avoiding direct contact. Volunteers are also providing rides for seniors to essential medical and other appointments using proper safety precautions. The CareGivers is also making approximately 100 check-in and emotional support calls weekly to help clients cope with feelings of isolation and social withdrawal. As one client recently said, “I often get lonely and it’s nice to talk to someone. I’m lucky to have all of you. The CareGivers is something very special.”

Similarly, **Monadnock at Home** is offering food delivery, rides to medically-necessary appointments and a higher volume of support calls. The program also hosts weekly virtual conference calls allowing clients to adequately retain the social connections they rely on and share ideas on how to cope with the pandemic. To serve more seniors across the region, Monadnock at Home is temporarily waiving its subscription fee for new members.

Our seven **skilled nursing facilities** statewide continue to offer care and support for hundreds of seniors while taking aggressive and necessary measures to protect the safety, health and well-being of residents and staff. This includes a temporary restriction on visitors, social distancing, regular screening and testing for residents and staff, the suspension of community gatherings, universal masking and an increased reliance on proper personal protective equipment.

## Other Program Updates:

- **Liberty House** is assisting veterans on their path to recovery and more stable lives through its sober transitional living program. It continues to provide access to various mental and physical wellness programs, which are even more critical in helping veterans better cope with and navigate the added stress and difficulties brought on by the pandemic. Additionally, non-resident community veterans are also receiving food and clothing assistance through Liberty House using safe social distancing practices.
- The **Our Place** pregnancy and parenting program is providing educational sessions and other key information related to the COVID-19 crisis for expecting and new parents via telephone and online platforms. Amid an increased need for formula, diapers, wipes and other essentials, the program is distributing these items while adhering to proper sanitation and social distancing.
- **St. Charles School** is providing remote instruction through June, ensuring students continue to receive the emotional, behavioral, social and academic services they rely on to heal from trauma and difficult life situations.
- Both our **Immigration Legal Services** and **Adoption & Maternity Services** programs remain operational, with staff offering services remotely.
- The **New Hampshire Food Bank** ramped up their meal production and sourcing of food to feed food-insecure households statewide. Food continues to be distributed to partner agencies across the state through safe and secure pickups or food drops. The NHFB has also hosted multiple mobile food pantries in Colebrook, Gorham, Loudon, Plymouth and other high-need communities.

Whether it’s newborns, teens, adults or seniors, the COVID-19 crisis is impacting each of us in different ways. As the days go ahead, and thanks to your continued support, we will continue to be the hope for those who need it most during this unprecedented time.

*Make a difference now:*  
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## Your Legacy

Make a lasting impact by naming Catholic Charities NH in your will or estate plans. For more information contact Karen Moynihan at **603-669-3030**.